



Infants are 40 times more likely to die in adult beds than in their own cribs.

We know more now about the safest sleep habits for infants than we used to. Statistics like the headline above don't lie. Here's what else you should know and pass along:

- Nearly 74% of deaths in babies younger than 4 months happened in a bed-sharing situation.
- Risks increase when adults smoke, use medications, alcohol or drugs, or are obese.
- Pillow-top mattresses, comforters, fluffy pillows and stuffed animals are dangerous in adult beds AND in cribs.



**We changed our habits about
car seats and lead paint.**

**CHANGING CO-SLEEPING HABITS
WILL SAVE LIVES, TOO.**

Tell everyone that these steps SAVE LIVES:

- The safest way for a baby to sleep is on its back alone in its own crib.
- Room-sharing offers almost all of the benefits of bed-sharing, without the risks.
- Keep baby's crib safe with a tight-fitting crib sheet and firm mattress
- Keep crib free of blankets, pillows, bumper pads & stuffed animals
- Use a sleep sack instead of a loose blanket.



**Share This
Life-Saving
Info NOW!**

PreventNeedlessDeaths.com